

CSH Partnership Success Stories

Stewart County Pilot Site

Stewart County CSH has a wonderful partnership with Austin Peay State University. We work with the Health and Human Performance Department in that they evaluated our Carol M. White Physical Education (PEP) Grant and we have a contract with the Nursing Department to utilize senior students in health screenings and staff wellness as well as educational presentations. Contact Elaine Jackson for additional information. elainejackson@stewart.k12.tn.us

Monroe County Pilot Site

Monroe County has partnered with Cherokee Community Health and they have provided us with 2.6 Licensed Clinical Social Workers to provide individual or group counseling in the school setting. Using our school-based clinic as a model, we are able to bill for these services. We currently pay for 1/2 of the salary of our own social worker (LCSW) and because it is a successful program, Cherokee has allowed us to expand and provide us with counselors who offer these services as well. The parents must come in for the initial visit (intake) and are explained the services then we see the students at school. We also have a sliding fee scale for students who do not have insurance. Last year we provided over 2795 contacts from August 15 to March 12, 2006. The counseling staff and faculty love this services and it is so beneficial to our students. Cherokee has been a wonderful partner!

The Monroe County Board of Education has established a partnership with Chota Community Health Services to provide financial support for the school-based health clinics. They currently provide a Medical Director, 3 part-time nurse practitioners, 3.4 school nurses, clerical support, supply budget, travel budget, and 85% of the clinic administrator's salary and benefits. This partnership has allowed us to expand our clinic services to all 12 schools in our system. Six of the 12 schools have nurse practitioner coverage and the other 6 schools have nursing coverage. Anyone who is a student or is employed by Monroe County can be seen in the school clinics. The clinics provide school entrance exams, well-child exams, bus driver exams, Vaccine for Children Program, sport physicals, and sick visits, all of which are billable visits. The school clinic has contracts with various insurance companies. In order for us to be able to see the TennCare students in the schools, those insurance companies had to provide us with a PCP waiver. So, we can see any TennCare student regardless of who is assigned as their PCP. The clinic has a sliding fee scale for those who do not have health insurance. The school clinic nurses also provide first-aid services, daily medication administration, BMI screenings, CPR training, and provide free over-the-counter medication with parent permission. All of the these services are offered free of charge. Last school year (2005-2006), the school clinics had over 32,000 unbillable visits (free services provided) and 1,585 billable visits. The parents, faculty, and staff love having these services available at the schools. Chota Community Health Services is great to work with and truly wants the health care needs of Monroe County's children met. Contact Sonia Hardin for additional information. sonia@monroek12.org.

Warren County Pilot Site

What has helped the most is to partner with people who have similar goals. Utilize the county health council, contact the health educator at the health department and TNCEP. Consult with your Superintendent and principals before implementing anything. Have their support first. This is a slow process do not expect big change in the beginning. To find out more about Warren County CSH contact Cheryl Kelly at 931-668-4022.

Loudon County Pilot Site

Coordinated School Health Program

H.A.B.I.T.S.

Healthy Attitudes & Behaviors Integrated Throughout Schools

Our Coordinator, Lois Snow, has been very successful in building relationships within the system, the community, and the families. We work closely with the Loudon County Health Improvement Council, the Health Department, and the Interagency Council, which consists of approximately 36 different agencies.

Since the implementation three years ago of the CSHP and related programs that fall under the umbrella of CSHP, suspensions have decreased over 50%. The cohort dropout rate has declined from 19.4% to 15% to 8%. Loudon County Schools received an F on the State Report Card for the 19.4%; it has now scored an A. There has also been a dramatic reduction in Truancy Board referrals.

Lice control has been a real problem in the past. Some families seem to be unable to successfully treat their children and they repeatedly are sent home from school because of lice. These children have missed so many days of school that they were referred to the Truancy Board. A lice control and education program has been implemented. Students with reoccurring problems are referred to the Family Resource Center. The staff provide Lice Treatments for the entire family. The staff will visit the home to show the parents how to properly treat the furniture, bedding, and clothing. There have been only two repeat referrals to the Family Resource Center for Lice Treatments and truancy as a result of this problem is minimal.

Since becoming a CSHP system, our school system has implemented a counseling program, Bridges in Transition, to work with at-risk students in the Alternative school. Counselors work with the students on anger management, conflict resolution, life skills, character education, substance abuse, and academic tutoring. They will continue to work with the students for one year after they return to their home school helping them transition back to their regular classroom. One of the counselors develops timelines of important events (good and bad) in the students' lives. She has been able to correlate life events with student behaviors. Many of these events and behaviors have not been addressed. For example, one student's angry and disruptive behavior began shortly after the death of his grandfather. The unresolved grieving was addressed and this student's behavior, grades, and attitude improved. One student progressed from a failing student to an honor student. One student had an undiagnosed thyroid condition. The counselors working with this student determined there might be a health problem causing some of his school problems and helped the mother get the appropriated medical attention. With






proper treatment, this student's attendance and grades markedly improved. Without exception, these students have improved their academics, attendance, and behavior.

CSHP and the coordinator have played a significant role in these few examples. There are many similar stories I could share. We have walking programs, climbing walls, extended breakfast programs, milk vending machines, and fruit shacks on the playground during recess. If we did not have a CSHP, these programs would be limited at best and possibly non-existent.

Free Spanish Class

Dear Principals, Central Office Staff and Family Resource Center Staff,

Spanish for Gringos!!!

-  Free Spanish class starting **in March** at the **UT Extension** office. Dates TBA.
-  **Alfonso Marquez** will be teaching from 11:30 to 12:30.
-  You may brown bag your lunch.
-  No fee for the class but you will be required to **buy a book**.
-  Class is open to all but there will be a class size limit...first come first enrolled!!

Trenton and Gibson County Special Schools

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Partnerships make good sense and good health happen for Trenton and Gibson County Special School Systems. Great partners for us have been Gibson County General Hospital, Le Bonheur CSH, and our health educator within the local health department. These partnerships have provided health screenings for our schools staff and students in both school systems. Our health educator is excellent at providing health topic in-services. Our local Chamber of Commerce, UT Extension agency and local advisory health council provide a wealth of services, contacts and support. Our local Extension agent provides nutritional and Power U in-services and materials for our teachers and students. We also partner with Even Start and TNCEP by sharing informational materials and programs. We partner with the Community Family Resource Center by attending advisory council meetings and providing a Spring Fling Health and Information Fair yearly. Our second annual Mock Crash at Gibson County High School will be in April of this year. A mock crash scene is set up complete with wrecked cars, victims, friends and family of victims and all agencies needed to attend an accident scene. This event is planned the week of Junior Senior Prom. It is a tremendous effort to impact the

students of the effects of drinking and driving. Community partners to make this event happen include but, not limited to: Safety Resource Officer, State Troopers, local Police Department, Emergency Medical Tech.'s, Le Bonheur CSH, Air Evac and Ambulance Authority. This is an extremely realistic and emotional reenactment. Dave Brown channel 5 news weathermen and MADD advocate is our special guest speaker this year. His pregnant daughter, young grandchild and unborn grandchild were killed in a car accident involving a drunk driver. The staff at GCHS was proud to report no accidents after last year's prom! Last but certainly not least is our ongoing partnership with each other as Coordinated School Health Project Coordinators. Please contact me anytime.
Lisa

Murfreesboro City Schools.

Your Department of School Nutrition is proud to announce that "Zapple the Apple" now has its very own email address. Zapple will be answering students, teachers, and parent's questions about nutrition and healthy life style choices for children. This is part of our **Coordinated School Health effort** for MCS. Zapple's very own personal email address is:
zapple@cityschools.net

As a result of our securing a Coordinated School Health grant, we were able to engage the services of a consulting dietitian who just happens to be Zapple's grandmother, "Granny Smith" to assist us with specific nutrition questions. We will also be utilizing the expertise of some of the many professionals within and even some outside of our district to answer other health related questions. Zapple is also actively constructing a website for future reference and support of CSH in MCS.

Zapple is available for personal appearances at MCS schools. If you would like for Zapple to make a personal appearance at your school for a special event to promote wellness or nutrition, please email Zapple at the above listed email. Zapple will email you back and let you know if the date is available or if there is an alternative date.